Concordia UNIVERSITY

GRADUATE STUDIES NEWS

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From the Dean's Desk

Mens Sana in Corpore Sano

During the last year, Concordia University scored major athletic victories locally, provincially, and nationally. The climax came when the university's hockey team beat McGill University to win the Corey Cup, and when the university's men's basketball team won the Canadian Interuniversity Athletics Union Championship. All of us at Concordia were profoundly moved by these successes and are proud of them. What relevance do these successes have to the university as an institution of higher learning?

There is no doubt that in terms of public recognition, athletic achievements are a fundamental component of the image and reputation of a university. Our general desire to back winners is proverbial and certainly translates into first-class applications for future enrolment at both the undergraduate and graduate levels. Yet there is a much more profound reason why a thriving athletics program is essential to a university, viz., our belief in the well-known classical ideal of a healthy mind in a healthy body.

Over the years I have learned to accept the fact that a university is designated as an "institution" of higher learning. I really prefer to think of it as a "community" of higher learning: A community that perpetuates and cherishes a whole spectrum of values, traditions and ideas within a context of healthy competition and mutual respect and trust. The Olympic Oath expresses these basic aspects of civilized life. All participating athletes are bound by the promise made on their behalf by the torch bearer that "In the name of all competitors I promise that we will take part in these Olympic Games respecting and abiding by the rules which govern them, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams."

As we contemplate the future of an aging society and let our thoughts roam through our repertoire of cliches and sayings such as "prevention is better than cure," it becomes patently obvious to many of us that a thriving athletics program in a university makes a positive and essential contribution to the development of a balanced and healthy lifestyle among our graduates.

What do we mean by "health" in this context? Most of us have a good idea of what we mean by a healthy body. But what is a healthy mind? Surely it is a mind that cherishes honesty, fair play and a respect for others, a mind that is prepared to make a commitment to life beyond personal profit and gain. The concept of a healthy mind in a-healthy body signifies these values of civilized existence.

Recent events in the world of sports show that all human endeavours are dynamic processes that are prone to excessive behaviour and to abuse. At the level of sports, we have the Dubin report. At the academic level we have analogous documents. University calendars contain highly explicit and specific regulations about honest and ethical conduct during examinations and in research. The fact that these regulations are necessary and are being invoked more frequently nowadays, even at the graduate level, suggests that we must pay at least as much attention to the development of healthy minds as we seem to be paying to the development of healthy bodies. Athletics departments have a contribution to make on both counts.

M.E. Szabo
Dean

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Fitness, Recreation and Athletics

Anne Marie Laurin

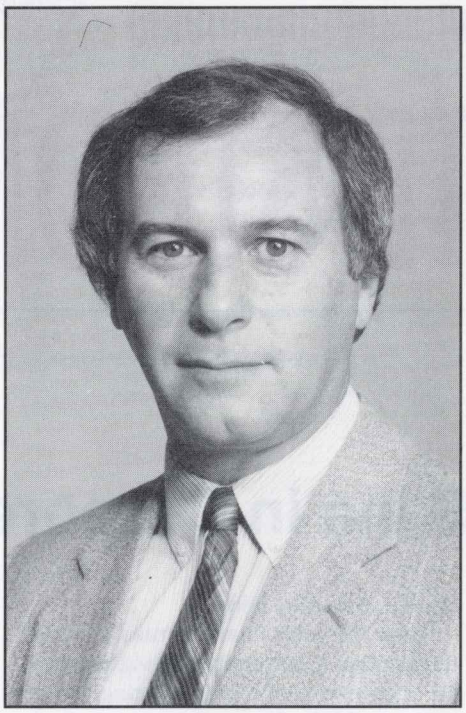
Bob Philip, Concordia's Director of Athletics, is a disciple of the Jesuit credo of a healthy body, healthy mind. He strongly believes in the important role athletics can play in reducing the stress which is part of many graduate students' lives. Yet, finding the time for athletics is a major obstacle for graduate students. Philip feels that if the practice is begun at the undergraduate level, it can become an integral part of the daily routine of students and enable them to cope with the pressures and fatigue that often accompany graduate studies, and consequently prepares them for the rigours of life in the real world.

Long Tradition of Sports

Loyola College, a reflection of the Jesuit influence of sports in curriculum, had a long tradition of sports as a legitimate part of the learning process and school spirit. Sir George Williams University, being an urban commuter campus with limited sports facilities, did not have as high a profile in sports, but did its best to share the founder's belief in sports by borrowing or sharing facilities. The Verdun Stadium where football was played, the Verdun Arena and the Forum where hockey was played, and the YMCA where pool and gym facilities were offered, were all contributing factors in strengthening Sir George's sports image. However, Sir George Williams University, as the new kid on the block, and Loyola College, simply because it was collegiate and not university varsity, were not considered in the same league as McGill University.

"Ironically, the competition that spawned between Sir George and Loyola turned sports around from the visibility point of view in Quebec," says Bob Philip. "McGill always had a higher profile challenging Queens University. But in the '60's people began watching pro sports on television rather than participating as onlookers. Then the Loyola/Sir George rivalry came along and resuscitated interest in university sports in Montreal, and that rivalry lasted until the merger."

The tradition continues as Concordia, through the union of these two institutions, forges a stronger and better university. Mr. Philip proudly displays the projected plan for a new expansion in Athletics. As the Director of Fitness, Recreation and Athletics' Sports Information and Sports Promotion, he feels the priority for



Bob Philip

Athletics is to start the process to get better facilities, which in turn, he feels will promote the image Concordia wants to project. The first phase of the process has already begun. The Verdun Stadium was purchased for a sum of $450,000 and is presently being transported to the football field on Loyola Campus.

"The second phase," explains Bob Philip, "is to raise another $600,000 to allow us to build a physiotherapy centre, expand our football dressing room, and add more washrooms. We've been asked by the Rector to come up with a comprehensive plan for the needs of Athletics to carry us into the next century. Right now we have an aging facility that is totally inadequate. If we had a 50 metre swimming pool, our participation in recreation would triple. So, priority one is to get a pool. Our outdoor stadium is almost in place. If we had a choice, a practical expenditure would be astro turf. We could then use the grounds for multi-purpose facilities. We could hold concerts there, and it could be used every day until 11:00 p.m. for intramural events. Because our field space is so limited, artificial turf would be a good investment. We also need a double sized gym. We could use basketball and squash facilities, but they are not essential. We need to be realistic. On the Sir George Campus, we certainly need a modern fitness centre, hopefully in the new building, so people could go across the street from classes and not have to come all the way out to Loyola Campus to stay fit. Those are not grandiose plans, but they are essential if Concordia is going to move into the next century and keep any type of athletics program. The university administration has been working with us. It's made a commitment. We have new facilities going up: an expanded library, a new concert hall, and a new football stadium. So the university, after years of not being able to get these projects off the ground, is certainly making a commitment to turning Concordia into a bigger and better place. And there's been no indication shown to me that the university isn't going to deal with Athletics. Our planning department is working on the details and I feel confident that, once we make our presentation, it will be approved sooner rather than later," he concludes.

National Championship

Building a stronger Athletics department will strengthen Concordia's image and popularity insists Mr. Philip. "My estimation in terms of visibility advertising out of all the times Concordia is mentioned in the media, probably 80% is related to athletics. People read that. It helps the school get noticed. And then if you have good programs to offer, people will become aware of them as well. It's very difficult to go out there and say 'Did you know Concordia has good graduate programs?' You can spend thousands of dollars advertising that. But if Concordia University wins a national championship in basketball, people will take notice and talk about it. They'll ask, 'Where is Concordia? It's in Montreal? Well, what have they have to offer? It has great programs in graduate studies?' People start looking to you to find out more about your school. We found that out this year when we won the basketball championship. People were asking where is Concordia and what kind of school is it? We know we have a lot of good programs to offer in Graduate Studies. How do we get that message out? If the school becomes more visible through athletics, from a promotional point of view, it will attract donors for capital campaigns, and attract alumni support. The administration and the alumni association both agree that athletics are very much a part of alumni relations in promoting homecomings and getting people back by having a football game to build around the

events. We've always felt that way too — now there's more cooperation between the departments."

Bob Philip is concerned about people's apathy, especially towards spectator sports. "We don't have trouble motivating people to participate, we have trouble motivating people to come to watch and support the teams," he states. Oddly enough, Canada's ParticipAction has encouraged people to pick up tennis and squash racquets rather than become spectators, which is good according to Philip. Unfortunately, spectator sports in general suffer. Also, he feels that there is a general condescension of the general public towards amateur sports. Montreal spectators are more sophisticated and tend to look down on amateur sports. Professional sports are sold out, but amateur sports suffer from lack of interest. The Montreal Canadians are popular because it's the thing to do, not necessarily because people are interested in hockey. Otherwise, he feels, they would go watch a good junior hockey team play. He also believes it's hard to sell amateur sports because of the competition of television's professional sports.

"Our main client should be our student body. We should do more promotion to motivate people to support our own teams. We have enough people of our own student body and alumni to more than fill our facilities. Our hockey arena holds about 1200, our basketball court holds 800, and our football stadium holds 6,000. We don't have to sell it to the general public. Our focus has to be on student support. During the last national playoffs everyone wanted to be there to see us win, but teams can't just survive on the play-offs. They have to be supported throughout the season.

Women's sports

Traditionally men's sports had a higher profile. Bob Philip is now upgrading the opportunities for women's programs. "We try to make sure that the opportunities for women to participate in our programs are equal to the opportunities for men. We feel that general attendance at these games will grow over the next two years. If women's games grow proportionately, women's games will have higher attendance. As much as possible we try to treat them equally. But we don't have control over the media. Football has more coverage because it's more popular. But in women's hockey our budget is $25,000 whereas McGill's is $5,000. We are trying to expand and make it a good program," he says.

The Athletics Department's name has changed to "Fitness, Recreation and Athletics" to indicate that there is more to the program than just inter-university varsity athletics. It also includes fitness and recreation, and educational and instructional programs. Bob Philip believes that people who participate in varsity teams and/or intramural programs get a better education because they do something other than just go to class — they get involved. "I don't care if you join the debating team, play football, or get involved in student politics. You should do something other than just go to class. Many sports writers who worked for the Montreal Daily News, when it was in operation, started writing for the Sir George, Loyola or Concordia student newspapers when they were students here because they decided to take extra curricular activities on their own. A couple of announcers got their start by doing play by plays of hockey games on TV Sir George. Three or four physiotherapists are very successful in Montreal and now have their own clinics. One is a trainer for the Montreal Canadians, another is a trainer for the Edmonton Oilers. They all started here in our exercise science program. Their success comes not only from completing the exercise science program, but also from making contacts with the athletes who have gone on to play for these clubs and helped to make them successful," he says.

"I would encourage people to register on either campus for intramural programs," says Bob Philip. "For the first couple of weeks after registration, you can get information on either campus for recreational programs. You're missing something if you don't get out there and support your teams. And even after you've graduated, you should support your school. The more you support your school, the more visible the school is, the better it is that they graduated from it. I think that's important. You've graduated from Concordia and as an alumnus, you owe it to Concordia to support it, by supporting a sports team or supporting an annual appeal, *help make Concordia better*. As an alumnus you can do that. It gives your school more profile.

'Make Concordia Better' should be every student's motto."

Attention all First Year Undergraduate and First Year Graduate Students! Show your ID and get in FREE! for the opening football game ***SEPTEMBER 8, 1990 at 1:00 p.m. against WATERLOO! BE THERE!***

Nick Arvanitis: Star Basketball Player Turns Professional

Gary Caplan

Nick Arvanitis graduated last year with a Bachelor of Commerce degree, majoring in Finance. This year he completed the Diploma in Institutional Administration, majoring in Public Administration. He has played Varsity basketball for four years, the last two as captain of the team.

This year the team won the National Championship under their rookie coach, John Dore, and Arvanitis was voted the most valuable player of the tournament. This, during a season where no one gave the Stingers much of a chance.

At the beginning of the year the Stingers had one super-talent on their team. He was one of the best point-guards in Canada. At Christmas, the Stingers were 5-0 in their conference, and 8th or 9th in the overall Canadian record. For personal reasons, the talented point-guard left the team; without him, no one felt the team had much of a chance. The Stingers played Toronto, who had consistently been a hard team to beat, right after the Christmas break, with Mike Baker suddenly thrust into a starting role. The Stingers passed their first test of the new year, beating Toronto by 13 points. Baker became more confident as the season progressed, as did the team.

University studies always took priority. One of the five starters, Michael Cohee, stayed behind because he had three exams the next day. The team had a playoff game in Toronto which they managed to win. There were no superstars on the team. The Stingers were a bunch of guys who shared the work load. Everyone on the team supported each other and the team acted more like a family.

This year, the team was a second half team. Even when they were behind 10 points at half-time at the National Championship in their first playoff game, the Stingers won by 10.

"If the team didn't work hard, anybody could have beaten us because we couldn't rely on talent alone." Arvanitis continues: "You're only as good as your teammates."

During the season of some thirty-five to forty games, the Stingers never lost more than one game in a row. The team finished first in their conference and ranked in the top ten in Canada throughout the season. At the end of the first season the Stingers did not have a first-team all-star player; no

one player stood out as a superstar. The coach, John Dore, built a positive attitude on the team, believing in all the players and guiding the team towards their success through mutual respect. He worked as hard as any player. At the end of the season, he congratulated the team this way, "You're always going to be the National Champions for 1989-1990, something nobody can take away from you."

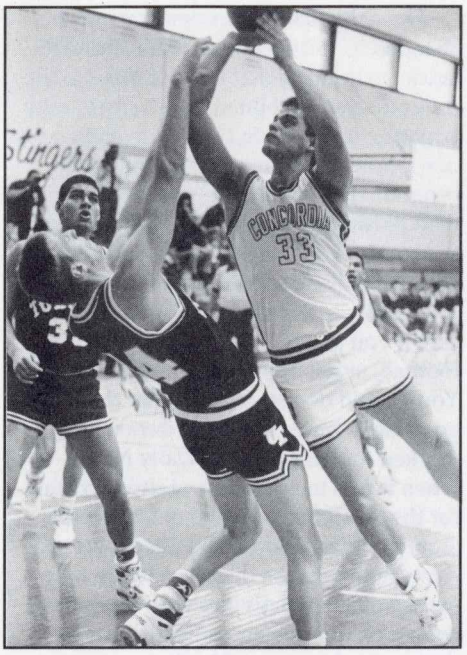
Before the start of the playoffs, the team realized that they had to win the next five games in a row. Much like season play except that during the season if you lost one you could try to make it up somewhere else. Here, a loss meant elimination from play. They had to win two conference games and three National ones. They won the conference games. The key to winning the National Championship was winning the first National game against St. Francis Xavier. The team played their game, never giving up, and won.

The second game was versus Acadia and its 8,000 spectator hometown crowd. At half-time the Stingers were up 16 points. They lost the lead during the second half but held off to win by 3 points.

The Stingers were up 16 points at the half in the final game against Guelph. The team went into the locker room and promised each other that they wouldn't let the lead slip away like the other night. They held their ground, winning by 18 points; the final score was 80-62. This was the first time that a Quebec team ever played in a final game in the tournament, let alone won it.

For Arvanitis, university studies always came first. But he doesn't see how anyone should not be able to combine both school and sports, through time management. Varsity sports are another form of marketing the university. The Stingers put Concordia on the map by winning the National Championship. Arvanitis sees it like this: Sports teach you discipline which is reflected in your school work. Work hard — do well. Sports also provide a release... away from school work. It takes more than talent to play on a team. You have to be knowledgeable both in sports and academia. They both prepare you for pressure situations in the real world.

Arvanitis had both televized games of the National Championship videotaped. He sent the tape to ARIS, the Greek First Division basketball team. He then appealed to agent Dohn Dangelis to negotiate his side. ARIS made an offer and flew Dangelis to Greece to negotiate details of the contract, returning home with a signed contract. Arvanitis will be playing with the best basketball team in



Greece, which is also one of the best in Europe. It will be another learning experience, travelling around Europe with a basketball team and getting well paid for it.

Not bad for a local boy making his mark in basketball.

ERRATUM

Please note the correction in "From the Dean's Desk — Publish or Perish" in Vol . 5, no. 3, with regard to pubishing every Ph.D. thesis from the University of Toronto: "Publication in microfilm satisfies the School's publication requirement but does not preclude publication of the thesis or any part of it in a journal or as a monograph. In this case, acknowledgment should be made that the work is part of a thesis at the University of Toronto."

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Upcoming Doctoral Examinations

YANG, Qingshi
Dept. Civil Engineering
Date: August 20, 1990 at 10:00 a.m.
Location: H-769
Title: *Wave Induced Respose of the Sea Floor Deposits; A Simple Model for Sands and Nonlinear Analysis by Fem.*

NIXON, Laurence
Dept. of Religion
Date: August 22, 1990 at 10:00 a.m.
Location: H-769
Title: *The Mystical Struggle: A Psychological Analysis*

SAUNDERS, Martha
Dept. of Religion
Date: August 24, 1990 at 10:00 a.m.
Location: H-769
Title: *Sexuality and Christian Ethics: A Feminist Critique and Proposal*

BASKARAN, Appupillai
Dept. of Building Engineering
Date: September 4, 1990 at 2:00 p.m.
Location: BE 346
Title: *Computer Simulation of 3D Turbulent Wind Effects on Buildings*

VON KAP-HERR, Gerhart
Dept. of Humanities
Date: August 30, 1990 at 10:00 a.m.
Location: H-769
Title: *Natural Law and Religion in the Thought of Samuel Pufendorf (1632-1694)*

CERE, Daniel
Dept. of Religion
Date: August 31, 1990 at 10:00 a.m.
Location: H-769
Title: *Ecclesiology and Enlightenment Social Theory: The Reconstruction of Ecclesiology in the Tradition of Anglican Religious Liberalism from John Hales to Thomas Arnold*

The examinations for the above students will take place in the Hall Building, 1455 de Maisonneuve West, Montreal., with the exception of A. Baskaran, whose exam will take place at 1257 Guy.